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KFCŽ Honey BBQ WingsŽ

Once a regular menu item, these sweet, saucy wings are now added to the KFC menu on a “limited-time-only” basis in many markets. So how are we to get that sticky sauce all over our faces and hands during those many months when we’re cruelly denied our Honey BBQ Wings? Now it’s as easy as whipping up a clone that re-creates a crispy breading on the chicken wings, and then slathering those puppies in a tasty knock-off of the sweet, tangy honey BBQ sauce. “Limited-time-only” signs - we laugh in your direction!

Sauce 1 1/4 cup ketchup 1/3 cup white vinegar 1/4 cup molasses 1/4 cup honey

1 teaspoon liquid smoke 1/2 teaspoon
salt 1/4 teaspoon onion powder 1/4
teaspoon chili powder

6 to 8 cups vegetable shortening 1 egg,
beaten 1 cup milk 2 cups all-purpose
flour 2 1/2 teaspoons salt 3/4 teaspoon
pepper 3/4 teaspoon MSG 20 chicken
wing pieces

1. Combine the sauce ingredients in a small saucepan over medium heat. Stir until ingredients are well combined and bring to a boil. Then reduce heat and simmer uncovered for 15 to 20 minutes.
2. As sauce is simmering, heat up 6 to 8 cups of shortening in a deep fryer set to 350 degrees.
3. Combine the beaten egg

with the milk in a small bowl. 4. In another small bowl, combine the flour, salt, pepper, and MSG.

5. When shortening is hot, dip each wing first in the flour mixture, then into the milk and egg mixture, and back into the flour. Arrange wings on a plate until each one is coated with batter. 6. Fry the wings in the shortening for 9 to 12 minutes or until light golden brown. If you have a small fryer, you may wish to fry 10 of the wings at a time. Drain on paper towels or a rack. 7. When the sauce is done, brush the entire surface of each wing with a light coating of sauce. Serve immediately. Makes 2 to 4 servings (20 wings).

Tidbits Liquid smoke is a flavoring found near the barbecue sauces and marinades. Use hickory-flavored liquid smoke if you have a choice. MSG is monosodium glutamate, the solid form of a natural amino acid found in many vegetables. It can be found in stores in the spice sections and as the brand name Accent flavor enhancer. MSG is an important component of many KFC items.